

Slow Cooker Pork Stew over Brown Rice

Prep time: 15 minutes

Makes: 8 Servings

Apple juice and dried fruit add a touch of sweetness to this stew. This dish can be put together in minutes and then left to simmer in your slow cooker. Served over brown rice, it's a great comfort food to have waiting at the end of a long day. The crushed cereal acts as a thickener and adds a nutty flavor to the stew. Try substituting dried apricots or cranberries for the cherries as desired.

Ingredients

- 2 pounds** lean pork stew meat
- 3 cups** baby carrots
- 1** large onion, sliced
- 1 1/2 teaspoons** dried thyme leaves
- 1/2 teaspoon** coarse ground black pepper
- 1/4 teaspoon** salt
- 1 clove** garlic, minced
- 1 1/2 cups** complete bran and wheat flakes ready-to-eat cereal (crushed to 3/4 cup)
- 1 cup** dried tart cherries
- 3/4 cup** 100% apple juice or apple cider
- 4 cups** hot cooked brown rice

Directions

1. Trim fat from pork.
2. Spray large pan with non-stick cooking spray. Cook half of the pork at a time until browned.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	360	
Total Fat	5 g	8%
Protein	27 g	
Carbohydrates	50 g	17%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	139 mg	6%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/4 cup
Grains	1 ounce
Protein Foods	2 1/2 ounces

3. In a 4-6 quart crockery cooker layer carrots, onion, thyme, pepper, salt and garlic. Sprinkle with cereal and cherries.
4. Top with pork and pour apple juice or cider over contents in the cooker.
5. Cover and cook on low setting for 7-8 hours or on high setting for 3 ½ to 4 hours.
6. Prepare the brown rice according to package directions toward the end of the stew cooking time. (Brown rice typically takes about 40-45 minutes to cook).
7. Stir pork mixture and serve over ½ cup brown rice.

Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

The "Grain Chain"